

Indoor Meet #1

RWTL Development Meet
Roberts Wesleyan - 12/09/89

Pole Vault

Kevin Kosieracki 9'
Chris Nikodem 9'

Shot Put

Jason Racey 37'

Long Jump

Steve Konezny 15' 7 1/4"*
Gunter Sell 12' 1/2"
Steve Wampler 17' 6"
Mike Fantauzzo 17' 10 1/4"
Michael Keogh 16' 8 1/2"
Chad Oliveri 13' 4 1/2"
Biram Lawrence 20' 1 3/4"

Triple Jump

Steve Konezny 32' 6 3/4"
Joseph Tiffany 34' 11 3/4"*
Peter Michel 31' 10 3/4"
Steve Wampler 35' 5 3/4"

300 meters

Jason Racey 41.3
(19.9 - 21.4)
Mike Fantauzzo 40.8**
(19.5 - 21.3)
Kevin Kosieracki 48.1
(24.1 - 24.0)
Mike Kalish 44.2
(21.7 - 22.3)
Andy Quirk 46.9
(22.7 - 24.2)
Kris Weldon 40.7
(20.1 - 20.6)
Peter Michel 45.1
(21.6 - 23.5)
Joseph Tiffany 46.4
(23.1 - 23.3)
Biram Lawrence 41.1
(18.9 - 22.2)

1600 meters

Rob Bradley 5:47.5
(79.4-87.3-89.8-91.0)
Tim Kelley 5:06.4
(76.4-72.9-78.3-78.8)

1600M relay - 3:47.9

Mark Spagnola 57.3
Kris Weldon 57.8

600 meters

Brendan Farmer 1:41.9
(48.1 - 53.8)
Tim Kelley 1:37.8**
(46.7 - 51.0)
David Corsall 1:48.6
(52.1 - 56.5)
Paul Hammond 1:36.7
(47.1 - 49.6)
Steve Parrish 1:43.5
(50.6 - 52.9)
Mike Kalish 1:45.2
(51.7 - 53.5)
Chris Nikodem 1:39.5**
(44.8 - 54.7)

1000 meters

Jason Fahy 2:45.6**
(65.7 - 66.5)
Mark Spagnola 2:51.1
(63.9 - 72.9)
K. McConville 3:05.9
(68.2 - 79.1)
David Corsall 3:15.8
(73.0 - 82.0)
Howie Lewczyk 3:06.3**
(67.2 - 80.3)

Paul Hammond 58.1
Jason Fahy 54.7

* Denotes 1st in entire division (Var., Var. B, Modified)

** Denotes 1st in one of the races within the division

BRIGHTON-PITTSFORD POST
RWTL MEET #1 12/9/89

Fahy tops 1,000-meter

McQuaid senior Jason Fahy, the lone scorer returning from the Knights' two-time defending-champion indoor-track squad, established himself as the area's man to beat in the 1,000-meter last Saturday with a convincing victory in the Rochester Winter Track League's season opener at Roberts Wesleyan.

Fahy, elected team captain a day earlier, laid off the early pace, but moved past four runners halfway through the race and pulled away to a 10-yard win over Tyson Sacco of Penfield. The time of 2:45 was almost six seconds slower than his last season's best, but, as coach Bob Bradley put it, "It takes a while to get used to running fast again." Bradley added, "Jason ran strong and confident. He's looking to have a great season."

A year ago, Fahy was a member of the Knights 1,600 and 3,200 relays that rode the extraordinary talents of Brad Sumner (Villanova) and Scott Romanowski (Rutgers) to spectacular achievements at state, eastern, and national levels. He also scored in three events as McQuaid edged Penfield, 91-89, for sectional honors, with 10 seniors carrying the load.

This year the compact senior will lead a young team that had some promising results on Saturday. Junior Biram Lawrence bettered his previous indoor long-jump best by over a foot with a leap of 20 feet, 1 1/4 inches, a mark Fairport's Ray Bernard topped by four inches on his final jump.

Lawrence also was one of the quartet of Knights who showed well in the 300 meters. His 41.1, along with the 40.7 and 40.9 of sophs Kris Weldon and Mike Fantauzzo and the 41.0 of senior Jason Racey, was an early-season indication of a good nucleus for the 4-

by-200 and 4-by-400 relays.

In the latter relay, Fahy, Weldon, and juniors Mark Spagnola and Paul Hammond hooked up with East, Brighton, and Penfield in an exciting race that saw East hold off McQuaid, 3:46 to 3:48, for the victory. Fahy's 54.7 anchor was the Knights' fast leg, with the other three in the 57-58 range.

Bradley was optimistic about his team's chances to repeat as sectional winners in either the 1,600 or 3,200 relay. "We were spoiled having Brad and Scott to pull things out for us the past two years, but I think our balance will have us right in the thick of this year's competition."

A number of faces new to the indoor season had good opening results. Fantauzzo and fellow soph Steve Wampler were 2-3 in their division of the long jump, while junior Chris Nikodem (600), senior Howie Lewczyk (1,000), and freshmen Tim Kelley (600), Joe Tiffany (300), and Peter Michel (300) all won their races.

Tiffany made it a double-win day in the modified division by winning the triple jump, and freshman Steve Konezny added a win in the modified long jump.

McQuaid also had strong second-place showings from juniors Spagnola and Kellett McConville in the 1,000, and Hammond in the 600 and a 5:06 first-time mile from Kelley, a versatile frosh coming off an outstanding cross-country season.



McQuaid's Biram Lawrence takes off on his long-jump attempt.

Indoor Meet #2

RWTL Development Meet
Roberts Wesleyan - 12/16/89

Pole Vault

Kevin Kosieracki 9'
Chris Nikodem 9'

Long Jump

Steve Konezny 15' 7"
Joseph Tiffany 16' 9 1/2"
Peter Michel 15' 8 1/2"
Donald Pecor 14' 8"
Andy Quirk 3 fouls
Steve Wampler 16' 11 3/4"
Biram Lawrence 20' 5"
Mike Fantauzzo 16' 5"

Triple Jump

Steve Konezny 32' 7"***
Steve Wampler 34' 11 3/4"
Biram Lawrence 38' 4"

High Jump

Steve Parrish 5'

300 meters

Joseph Tiffany 45.7*
(22.9 - 22.8)
Donald Pecor 48.2**
(23.2 - 25.0)
Kevin Kosieracki 45.5
(22.4 - 23.1)
Chris Nikodem 42.0**
(20.0 - 22.0)
Jason Fahy 39.0
(18.9 - 20.1)
Mike Fantauzzo 41.0
(19.3 - 21.7)

1000 Meters

Brendan Farmer 3:09.1
(68.8 - 80.2)
K. McConville 3:06.2
(68.5 - 79.5)
Paul Hammond 2:55.0
(68.7 - 72.9)
Tim Kelley 2:54.8
(67.6 - 73.6)
Mark Spagnola 2:46.3
(63.8 - 69.0)

800 Meter Relay - 1:44.0

Biram Lawrence 25.4
Mike Fantauzzo 27.1
Kris Weldon 25.1
Jason Racey 26.4

600 meters

Peter Michel 1:53.5
(52.8 - 60.7)
Andy Quirk 1:55.9
(54.7 - 61.2)
David Corsall 1:43.9
(52.3 - 51.6)
Kris Weldon 1:39.2*
(46.5 - 52.7)
Steve Parrish 1:44.0
(50.1 - 53.9)
K. McConville 1:43.2
(49.3 - 53.9)
Jason Racey 1:37.0
(46.4 - 50.6)

1600 meters

Rob Bradley 5:44.6
(82.2-86.3-89.2-86.9)
David Corsall 5:48.6
(79.7-86.4-89.4-93.1)
Chris Eberle 5:43.3
(81.7-84.7-88.1-88.8)

1600 Meter Relay - 3:49.9*

Mark Spagnola 58.4
Tim Kelley 58.3
Paul Hammond 58.6
Jason Fahy 54.6

* Denotes 1st in entire division (Var., Var. B, Modified)

** Denotes 1st in one of the races within the division

Indoor Meet #3

RWTL Development Meet
U of Rochester - 12/22/89

Shot Put

Joseph Tiffany 35' 4 1/4"*

Long Jump

Steve Konezny 15' 8 1/4"
 Donald Pecor 14' 5"
 Steve Wampler 16' 8 1/4"
 Mike Fantauzzo 17' 6 1/2"*
 Biram Lawrence 20'

300 Meters

Mike Kalish 43.8
 Michael Keogh 41.8**
 Jason Racey 41.9
 Kris Weldon 40.1**

600 Meters

Andy Quirk 1:57.6
 (37.0-38.8-41.8)
 Brendan Farmer 1:39.9**
 (33.6-34.1-32.2)
 Chris Eberle 1:41.8
 (32.9-34.4-33.9)
 Steve Parrish 1:41.2
 (33.7-33.4-34.1)
 Jason Fahy 1:27.3*
 (28.4-28.5-30.4)
 Howie Lewczyk 1:41.6
 (33.3-34.8-33.5)

1600 Meters

1000 Meters
 David Corsall 3:20.9
 (36.5-37.8-39.5-43.7-43.4)
 Paul Hammond 2:57.2
 (33.9-35.0-35.4-37.4-35.5)

Rob Bradley 5:45.9
 (76.3-86.2-91.1-92.3)
 Tim Kelley 5:10.6
 (71.4-73.5-82.1-83.6)

3200 Meters

4x2 lap relay
 Spagnola Kelley
 Hammond Fahy 3:58.6**

Mark Spagnola 10:55.2
 (71.6-73.9-82.0-82.5-
 84.3-85.0-86.1-89.8)

Fantauzzo Lawrence Racey Weldon 4:02.3

Nikodem Farmer Lewczyk Keogh 4:13 **
 29-33 30-34 31-34 30-32

Kalish Parrish Corsall Wampler 4:22
 32-34 30-35 30-36 29-36

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** Denotes 1st in one of the races within the division

Indoor Meet #4

Lehigh U. Christmas City Relays
Bethlehem, Pa. 12/27/89

Long Jump

Biram Lawrence 20' 1"

1000 Yards

Jason Fahy 2:24.8
(30.3-31.8-33.3-32.3)

4x220 Yards - 1:42.3**

4x880 Yards - 8:41.9

Biram Lawrence 25.2

Mark Spagnola 2:10.9

Kris Weldon 25.6

(61.9-69.0)

Chris Nikodem 26.2

Tim Kelley 2:09.3

Jason Racey 25.5

(63.3-66.0)

Paul Hammond 2:14.5

(65.4-69.1)

Distance Medley 11:31.5

Jason Fahy 2:07.2

Jason Fahy (1200) 3:24.7

(64.2-71.0-69.5)

(63.0-64.2)

Paul Hammond (400) 57.7

(26.6 - 31.1)

Sprint Medley 4:15.7

Tim Kelley (800) 2:11.9

(62.8 - 69.1)

Biram Lawrence (220) 25.2

Chris Nikodem (220) 26.3

Mark Spagnola (1600) 4:57.2

(70.6-74.3-75.7-76.6)

Jason Racey (440) 57.6

(27.2 - 30.4)

(2:24.9 - 2:32.3)

Kris Weldon (880) 2:26.4

(28.8-34.9-40.6-42.3)

* Denotes 1st in entire division (Var., Var. B, Modified)

** Denotes 1st in one of the races within the division

Indoor Meet #5

RWTL Development Meet
Roberts Wesleyan - 12/29/89

Long Jump

Steve Konezney	16' 1 1/4"*
Steve Wampler	17' 8 1/2"
Biram Lawrence	20' 6"

Triple Jump

Steve Konezney	33' 7"
Peter Michel	34' 11"*
Steve Wampler	34' 9 1/4"
Joseph Tiffany	35' 4 1/4"

300 Meters

Peter Michel	43.5*
(21.2-22.7)	
Michael Keogh	42.3
(20.8-21.5)	
Andy Quirk	48.2
(23.4-24.8)	
Donald Pecor	48.1
(22.9-25.2)	
Paul Hammond	41.7
(20.2-21.5)	
Biram Lawrence	40.1**
(19.8-20.3)	

600 Meters

Steve Parrish	1:42.2
(24.3-25.2-26.6-26.1)	
Chris Eberle	1:41.9
(23.5-25.2-26.6-26.6)	
Brendan Farmer	1:39.1*
(23.1-24.4-25.7-25.3)	
Howie Lewczyk	1:41.6
(23.8-25.2-26.5-26.1)	
Tim Kelley	1:33.4*
(22.8-22.5-23.3-24.8)	
Jason Racey	1:38.3**
(22.9-24.4-25.7-25.3)	
Joseph Tiffany	1:45.8
(24.6-26.6-28.5-25.1)	
Rob Bradley	1:53.2
(24.3-28.9-30.5-29.5)	
David Corsall	1:45.2**
(26.5-25.9-27.6-25.2)	
Andy Quirk	1:59.8
(26.3-28.8-29.8-32.9)	
Donald Pecor	2:04.9
(29.2-30.8-31.9-33.0)	

1000 Meters

David Corsall	3:13.7
(36.0-40.4-39.1-40.1-38.1)	
Rob Bradley	3:23.6
(36.8-40.8-42.8-44.4-38.8)	
Chris Nikodem	3:06.4
(32.5-35.0-37.9-39.1-41.9)	
Jason Fahy	2:42.9*
(30.8-32.5-33.1-33.6-32.6)	

1600 Meters

Mark Spagnola	4:53.5
(73.6-73.2-74.6-72.1)	

4x800 Meters

Brendan Farmer	2:21.4
(68.2-73.2)	
Howie Lewczyk	2:24.7
(70.3-74.4)	
Chris Eberle	2:36.4
(70.6-85.8)	
Steve Parrish	2:34.1
(73.7-80.4)	

4x400 Meters

Mark Spagnola	57.0
(28.0-29.0)	
Tim Kelley	57.3
(27.0-30.3)	
Paul Hammond	57.1
(27.5-29.6)	
Jason Racey	57.6
(27.7-29.9)	

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** Denotes 1st in one of the races within the division

Indoor Meet #6
1/6/90

Rochester Relays
University of Rochester

Long Jump

Biram Lawrence 20' 6" (3rd)
Steve Wampler 18' 2"

4x200 - 1:47.6

Michael Keogh 26.5
Chris Nikodem 26.1
Steve Wampler 27.7
Steve Parrish 27.3

4x800 - 9:17.3

Brendan Farmer 2:17.7
(68.9 - 68.9)
Chris Nikodem 2:18.7
(67.3 - 71.4)
K. McConville 2:19.2
(64.7 - 72.6)
Howie Lewczyk 2:21.6
(69.2 - 72.4)

Progressive lap 7:45.0 (1st)

Paul Hammond (2) 60.0
(29.3 - 30.7)
Tim Kelley (3) 1:37.0
(30.0 - 33.9 - 34.1)
Mark Spagnola (4) 2:18.2
(32.4 - 35.2 - 36.4 - 33.2)
Jason Fahy (5) 2:49.8
(32.7 - 32.9 - 34.3 -
35.3-34.6)

Double 4x1 lap 3:50.6 (3rd)

	1	2
Biram Lawrence	28.8	28.7
Kris Weldon	28.3	28.4
Jim Murphy	27.8	30.1
Jason Racey	28.5	30.0
	1:53.4	1:57.2

40 M High Hurdles

Mike Kalish 7.6

Pole Vault

Kevin Kosieracki 9'

4x400 - 3:52.5 (6th)

Tim Kelley 58.3
(28.4 - 29.9)
Paul Hammond 56.5
(27.2 - 29.3)
Kris Weldon 58.2
(28.4 - 29.8)
Jason Racey 59.5
(28.0 - 31.5)

Sprint Medley - 3:55.2

Biram Lawrence (400) 57.1 (5th)
Kris Weldon (200) 25.1
Jim Murphy (200) 25.3
Jason Fahy (800) 2:07.7

Distance Medley 11:22.3 (2nd)

Tim Kelley (800) 2:09.9
(64.6 - 65.3)
Paul Hammond (400) 57.6
Jason Fahy (1200) 3:21.2
(62.2 - 66.7 - 72.2)
Mark Spagnola (1600) 4:55.6
(69.1 - 72.8 - 77.1 - 75.0)

Team Scores : Fairport 59, Pittsford 34, Greece 33, MCQ 31,
Penfield 28, Aquinas 28, East 21, Franklin 21, etc. (22 schools)

24th ROCHESTER RELAY RESULTS

BOYS

40m HURDLES

1. Nate Waye Geneva	5.8
2. Tom Ciotta Fairport	5.9
3. Ian Palmer Horseheads	6.2
4. Allen Wayer Geneva	6.3
5. Rahsaan Hall Fairport	6.3
6. Steve Wolfe Greece	6.3

HIGH JUMP

1. Todd Safford Hilton	6'2"
2. Allen Waye Geneva	6'2"
3. Matt Thielman Webster	6'1"
3. Jason Herbst Webster	6'1"
5. Brian Warboys Wilson	5'10"
6. John Hunter Hilton	5'8"

LONG JUMP

1. Ray Bernard Fairport	21'4"
2. Don Getola Elmira SS	20'11"
3. Biram Lawrence McQuaid	20'6"
4. Nate Waye Geneva	20'5.75"
5. Mark Erickson Pittsford	20'5"
6. Anthony Smith East	20'4"

800m RELAY

1. FRANKLIN	1.36.7
2. PENFIELD	1.37.4
3. FAIRPORT	1.38.5
4. AQUINAS	1.40.0
5. VICTOR	1.42.4

3200m RELAY

1. GREECE	8.22.5
(LOWE, MCGRATH, SHUSTER, TOTH)	
2. PENFIELD	8.29.4
3. PITTSFORD	8.39.2
4. EAST	8.45.6
5. WEBSTER	8.59.0
6. ELMIRA SS	9.03.7

3200m RUN

1. Nate Ruder Fairport	9.55.0
2. Jeremy Ashford Pittsford	10.04.7
3. Ivan Lowe Greece	10.13.3
4. Brian Hicks Newark	10.13.9
5. Wayne Keough Horseheads	10.23.9
6. Jamey Sutton H.F.L.	10.32.0

POLE VAULT

1. Kevin Flanagan Aquinas	11'6"
2. Frank Smith Brockport	11'6"
2. Brian Doane Aquinas	11'6"
4. Mike Spitz Bath	11'6"
5. John Mysliwiec Hilton	10'6"
6. Scott Rixner Fairport	10'6"

SHOT PUT

1. Glen Covey York	50'5"
2. Ron Coombs Brockport	49'9.5"
3. Pete Tuffo Greece	46'4.5"
4. Lenny Pizzi Aquinas	43'1.5"
5. Chuck Marshall Bath	42' 8.75"
6. Andrew Howard Franklin	42'8.5"

1600m RELAY

1. PENFIELD	3.37.9
(PIFER, MCBRIDE, MCBRIDE, ELLIOT)	
2. FAIRPORT	3.41.6
3. EAST	3.43.6
4. PITTSFORD	3.45.8
5. HORSEHEADS	3.45.9
6. MCQUAID	3.52.7

DISTANCE MEDLEY

1. FAIRPORT	11.12.8
(SZCZPANIK, RIXNER, WERTH, RUDER)	
2. MCQUAID	11.22.3
3. CHURCHVILLE	11.32.6
4. GREECE	11.37.0
5. NEWARK	11.42.8
6. WEBSTER	11.48.5

SPRINT MEDLEY

1. EAST	3.50.3
(FORD, SMITH, BROOKS, KINDER)	
2. PITTSFORD	3.52.2
3. BROCKPORT	3.53.2
4. GREECE	3.54.1
5. MCQUAID	3.55.2
6. FAIRPORT	3.57.2

PROGRESSIVE

1. MCQUAID	7.45.9
(HAMMOND, KELLEY, SPAGNOLA, FAHY)	
2. FAIRPORT	7.46.4
3. GREECE	8.01.1
4. PITTSFORD	8.04.3
5. PENFIELD	8.09.7
6. BRIGHTON	8.15.6

BOYS DOUBLE 4 x 1 LAP RELAY

1. FRANKLIN	3.41.9
(JOHNSON, FLEMMING, WRIGHT, HILL)	
2. AQUINAS	3.48.4
3. MCQUAID	3.50.6
4. PITTSFORD	3.52.0
5. ELMIRA FREE ACADEMY	3.55.0
6. SPENCERPORT	3.55.7

GIRLS40m HURDLES

1. Tencie Ford Geneva	6.6
2. Keisha Taylor Brockport	6.7
3. Ida DioGuardi Mt Morris	6.9
4. Trina Pinkard Geneva	7.2
5. Brenda McHenry Elmira SS	7.2
6. Kristen Narigena York	7.2

3000m RUN

1. Becky Alfieri Spencerport	10.51.2
2. Maureen Kane Elmira SS	11.00.0
3. Jennifer Smith Penfield	11.35.7
4. Theresa Burns Newark	12.14.2
5. Joy Dinecola Horseheads	12.31.7
6. Stacy Larson Churchville	12.38.7

HIGH JUMP

1. Nicole Geitner Mt Morris	5'1"
2. Diana Schwartzkopff Spen.	5'0"
3. Jennifer Sheets Horseheads	5'0"
4. Penny Kuczynski Elmira SS	4'10"
4. Jennifer Barnhart Penfield	4'10"
6. Kelly Ernst Geneva	4'10"

SHOT PUT

1. Jennifer Gall Fairport	38'3"
2. Megan McInerney Horseheads	35'9.5"
3. Tracy Dixon Edison	34'6.5"
4. Cris Bennett Geneva	31'1.5"
5. Chauna Evangelist Newark	30'3.5"
6. Aleen Montes Aquinas	26'6"

LONG JUMP

1. Tasha Steveson East	17'9.75"
2. Rosa Barr Newark	16'11.75"
3. Vickie Boley Brockport	16'2.75"
4. Jennifer Barnhart Penfield	16'1.5"
5. Becky Ventura Geneva	15'7.5"
6. Becky Randall Alexander	14'11.75"

800m RELAY

1. GENEVA	1.55.4
(VENTURA, FORD, PINKARD, BOGAN)	
2. HORSEHEADS	1.55.5
3. PENFIELD	1.56.0
4. SPENCERPORT	1.56.8
5. FAIRPORT	1.58.0
6. BRIGHTON	1.58.6

3200m RELAY

1. PENFIELD	10.12.6
(LEGG, THOMAS, ELLIOT, PAQUETTE)	
2. HORSEHEADS	10.27.2
3. FAIRPORT	10.37.1
4. GREECE	10.53.0
5. BROCKPORT	10.54.0
6. ALEXANDER	NT

SPRINT MEDLEY

1. SPENCERPORT	3.08.5
(SCHWARTZKOPFF, HINK, MIRABAL, ALFIERI)	
2. WILSON	3.16.2
3. PENFIELD	3.16.9
4. ELMIRA SS	3.18.0
5. WEBSTER	3.18.2
6. HORSEHEADS	3.21.6

1600m RELAY

1. EAST	4.15.5
(HIGGS, STEVENSON, MINNITI, WALTERS)	
2. PENFIELD	4.19.9
3. HORSEHEADS	4.21.2
4. FAIRPORT	4.26.1
5. ALEXANDER	4.29.6
6. GENEVA	4.34.0

DISTANCE MEDLEY

1. WEBSTER	13.44.5
(SHOEN, CONROW, TOURNQUIST, WILLIE)	
2. SPENCERPORT	13.49.3
3. FAIRPORT	13.56.5
4. GREECE	14.01.4
5. BROCKPORT	14.15.4
6. PENFIELD	14.33.3

PROGRESSIVE RELAY

1. EAST	6.03.6
(HIGGS, STEVENSON, MINNITI, WALTERS)	
2. GREECE	6.26.2
3. FAIRPORT	6.27.2
4. PENFIELD	6.31.4
5. ALEXANDER	6.34.2
6. HORSEHEADS	6.59.8

RESULTSBOYS

1. FAIRPORT	59
2. PITTSFORD	34
3. GREECE	33
4. MCQUAID	31
5. PENFIELD	28
6. AQUINAS	28
7. EAST	21
8. FRANKLIN	21
9. GENEVA	20
10. BROCKPORT	17
11. HILTON	11
12. WEBSTER	10
13. YORK	8
14. HORSEHEADS	8
15. ELMIRA SOUTHSIDE	7
16. CHURCHVILLE	6
17. BATH	5
18. VICTOR	2
19. ELMIRA FREE	2
20. SPENCERPORT	1
21. BRIGHTON	1
22. HONEOYE FALLS LIMA	1

GIRLS

1. PENFIELD	44.5
2. SPENCERPORT	36
3. HORSEHEADS	36
4. FAIRPORT	32
5. EAST	28
6. GENEVA	28
7. GREECE	16
8. ELMIRA SOUTHSIDE	14.5
9. BROCKPORT	14
10. WEBSTER	12
11. MOUNT MORRIS	12
12. NEWARK	11
13. WILSON	8
14. ALEXANDER	6
15. EDISON	4
16. YORK	1
17. AQUINAS	1
18. CHURCHVILLE	1

Indoor Meet #7
1/12/90

RWTL Development Meet
University of Rochester

Pole Vault

Kevin Kosieracki 9' 6"
Chris Nikodem 9' 6"

Triple Jump

Peter Michel 34' 7 1/4"
Joseph Tiffany 34' 1 1/4"
Steve Wampler 37' 1 1/4"

300 M

Chad Oliveiri 47.9
Andy Quirk 47.6
Gunter Sell 46.1
Kellett McConville 44.1

4 x 4 lap 9:53.1

Mike Keogh 2:27.8
(75.1 - 72.7)
K. McConville 2:30.8
(74.6 - 77.2)
Howie Lewczyk 2:30.1
(73.9 - 76.2)
Chris Nikodem 2:23.4
(72.6 - 70.8)

4 x 4 lap 8:53.5

Tim Kelley 2:12.8
(64.6 - 68.2)
Jason Fahy 2:06.9
(60.3 - 66.6)
Paul Hammond 2:18.5
(62.1 - 76.7)
Mark Spagnola 2:15.3
(63.2 - 72.1)

High Jump

Steve Parrish 5' 6"*

40 M HH

Mike Kalish 7.4

45 M dash

Kris Weldon 5.93
Biram Lawrence 5.88

600 M

Donald Pecor 2:01.9

~~1400~~ M
3200

Brendan Farmer 12:30.4
(78.9-88.3-91.0-95.3-
97.7-99.2-100.5-99.2)
Rob Bradley 12:14.4
(81.4-87.6-88.3-91.5-
93.6-97.2-97.1-97.7)

4 x 4 lap 10:04.0

Kris Weldon 2:25.3
(71.6 - 73.7)
Jason Racey 2:28.1
(73.7 - 74.4)
Jim Murphy 2:32.5
(77.9 - 74.6)
Mike Kalish 2:38.7
(76.2 - 81.9)

* Denotes 1st in entire division (Var., Var. B, Modified)

** Denotes 1st in one of the races within the division

Indoor Meet #8

Hamilton College Invitational
Clinton NY. 1/13/90

Long Jump

④ Biram Lawrence 19' 4"
Steve Wampler 16' 4 1/2"

Triple Jump

Steve Wampler 35' 9"

Pole Vault

Chris Nikodem 9'

High Jump

Steve Parrish 5' 2"

1000 M

Steve Parrish 3:08.8
(35.7-39.1-40.5-40.5-33.0)

600 M

⑥ Mark Spagnola 1:30.5
(29.2-30.5-30.8)
Jason Racey 1:33.6
(27.9-30.7-35.0)

300 M

Jim Murphy 40.0
Chris Nikodem 40.3

② 4 x 200 M Relay 1:39.8

Jim Murphy 25.4
Kris Weldon 24.4
Mike Keogh 25.5
Biram Lawrence 24.5

③ 4 x 400 M Relay 3:45.8

Jason Racey 28.2-30.2 58.4
Paul Hammond 26.1-29.5 55.6
Kris Weldon 27.7-26.1 55.8
Mike Keogh 28.6-27.4 56.0

1600 M

③ Jason Fahy 4:37.7
(70.5-68.3-69.0-69.9)
Tim Kelley 4:47.1
(70.9-70.7-73.2-72.3)
Freshman Record

① 4 x 800 M Relay 8:33.3

Tim Kelley 2:07.6
(62.9-64.7) Freshman Record
Paul Hammond 2:10.9
(64.0-66.9)
Mark Spagnola 2:10.1
(62.4-67.7)
Jason Fahy 2:04.7
(61.3-63.4)

Team Scores: R.F.A. 81, B'ville 78, Liverpool 68, U.F.A. 32 1/2,
East 42, C.N.S. 37 1/2, McQ. 35, Oswego 12

Indoor Meet #10

Western New York Relays
Alumni Arena, U. of Buffalo
Sat. Jan. 20, 1990

McQuaid 1st of 17 Schools

2-man Pole Vault: 1. 18-0 (Chris Nikodem 9-6, Kevin Kosieracki 8-6)

2-man Long Jump: 1. 37-5 1/2 Biram Lawrence 19-11 1/2
Steve Wampler 17-6

2-man Triple Jump: 2. 76-11 1/2 Biram Lawrence 39-9
Steve Wampler 37-2 1/2

2000-meter Progressive Relay

1. 5:03.4 Chris Nikodem(200) 26.1
Tim Kelley(400) 56.9 (27.1)
Mark Spagnola(600) 1:34.2 (61.1)
Jason Fahy(800) 2:06.2 (64.6)

800-meter Relay

2. 1:39.8
Jason Fahy 24.9
Kris Weldon 25.1
Jim Murphy 25.4
Biram Lawrence 24.4

Double 800-meter Relay

2. 3:40.4 Jim Murphy 27.7 28.8
Paul Hammond 27.2 27.9
Mike Keogh 26.6 26.8
Jason Racey 27.6 27.8

Sprint Medley

4. 2:42.3
Kris Weldon 57.8 (29.1)
Mike Keogh 25.6
Jim Murphy 25.5
Jason Fahy 53.4 (25.5)

1600-meter Relay

5. 3:50.2 Mike Keogh 58.0 (27.8)
Paul Hammond 56.9 (26.3)
Kris Weldon 55.2 (26.2)
Jason Racey 60.1 (27.2)

3200-meter Relay

7. 9:21.7
Brendan Farmer 2:22.6 (71.1)
Chris Nikodem 2:20.6 (72.2)
K. McConville 2:19.4 (68.8)
Howie Lewczyk 2:19.1 (67.7)

Distance Medley

2. 11:24.9
800- Paul Hammond 2:12.6 (67.1)
400- Jason Racey 56.7 (27.4)
1200- Tim Kelley 3:26.1 (66-69-71)
1600- Mark Spagnola 4:49.5 (71-73-74-72)

Team Scoring

McQuaid 68
Frontier 62.5
Williamsvl.No. 46
Churchvl.Chili 40.5
etc.

(OVER)

Indoor Meet #9

RWTL Development Meet
University of Rochester 1/20/90

Long Jump

40 M HH

Peter Michel 15' 6 1/4"

Steve Foley 6.8

High Jump

300 Meters

Joseph Tiffany 4' 8"

Andy Quirk 46.7

Steve Parrish 5' 2"

600 Meters

4 x 2 lap relay 4:36.3

Peter Michel 69.5

Andy Quirk 2:00.8

Joseph Tiffany 66.1

(36.9-40.0-43.9)

Gunter Sell 67.8

Chris Eberle 1:41.9

Chad Oliveiri 72.9

(33.2-34.9-33.8)

1000 Meters

3200 Meters

Rob Bradley 11:58.5

Steve Parrish 3:06.5

(80.8-85.2-87.5-90.8-

(35.7-37.0-39.9-40.5-33.4)

91.5-97.7-95.3-93.3)

Steve Foley 11:14.6

Chris Eberle 3:04.6*

(76.9-79.2-82.6-81.5-

(34.7-36.2-39.1-38.5-36.1)

83.5-84.5-84.8-79.1)

* Denotes 1st in entire division (Var., Var. B, Modified)

** Denotes 1st in one of the races within the division

(OVER)

MAQUAID

GIRLS FR. SPRINT MEDLEY RELAY

1. KRUGER, FINO HACKFORD, BAK	WSW	3:35.2
2.	H ^{#1}	3:39.5
3.	CL	3:39.6
4.	C-C	3:41.4
5.	H ^{#2}	3:49.3
6.	L	3:53.9

GIRLS 4X800M RELAY

1. HOBY, MCKEE NILAND, NOVAK	WS	10:27.6
2.	F	10:38.7
3.	CL	10:53.0
4.	WE	11:12.6
5.	C-C	11:15.5
6.	H	12:12.9

GIRLS 4X200M RELAY

1. CLARKSON, DOLAN LAULEY, McPARTLAND	H	2:00.3
2. STABELL, MEYERS GUSTAFSON, HENRY	CL	2:00.3
3.	L	2:03.4
4.	WSE	2:03.5
5.	SH	2:05.8
6.	F	2:07.2

GIRLS 55M HURDLES

1. NICOLE BLENK	L	9.4
2. AMY WUJEK	IR	9.7
3. MOLLY SHEEHAN	H	10.1
4. RENEE BOGUHN	M	10.2
5. BARB MURRAY	CL	10.6
6. MAGGIE CAREY	WS	10.9

GIRLS DISTANCE MEDLEY RELAY

1. BRICE, HUBER HUNT, FRASER	CL	13:46.7
2.	WE	14:11.4
3.	F	14:12.9

BOYS FR. SPRINT MEDLEY RELAY

1. GIOIA, PATERNASTRO DOWLING, RINNAGIO	WE	3:00.8
2.	WSW	3:04.9
3.	WSE	3:04.9
4.	H	3:05.4
5.	CL	3:07.5
6.	WS	3:08.5

BOYS 4X800M RELAY

1. C. CRAIG, K. CRAIG McANDREWS, WYMAN	F	8:30.0
2.	CL	8:34.9
3.	WSE	8:54.8
4.	C-C	9:14.2
5.	SH	9:19.6
6.	WS	9:20.1

BOYS 4X200M RELAY

1. SMOLINSKI, TONGE SAUER, FALKIEWICZ	M	1:39.7
2.	MQ	1:39.8
3.	CL	1:41.8
4.	SH	1:42.1
5.	TIE { F	1:42.4
6.	C-C	1:42.4

BOYS 55M HURDLES

1. CHRIS SMITH	WN	7.7
2. JON WIER	WSE	8.3
3. CLIFF WRIGHT	SH	8.5
4. JEFF REITH	H	8.5
5. KEVIN EATON	F	9.3
6. MATT GLANVILLE	C-C	9.3

BOYS DISTANCE MEDLEY RELAY

1. CODY, BORGESSEN HASSALL, WINDEN	C-C	11:20.6
2.	MQ	11:25.0
3.	CL	11:30.6

GIRLS DISTANCE MEDLEY RELAY

4.	CC	14:25.9
5.	WN	15:01.1
6.	L	15:29.4

GIRLS SPRINT MEDLEY RELAY

1.	HACKETT, STAEBEL SKIVER, HENRY	CL	3:16.8
2.		L	3:27.9
3.		F	3:28.6
4.		SH	3:31.8
5.		C-C	3:35.4
6.		H	3:38.1

GIRLS FR PROGRESSIVE RELAY

1.	CL	6:54.0
2.	H#1	7:12.1
3.	H#2	7:24.5
4.	WE	7:29.8

GIRLS DOUBLE 4 LAP RELAY

1.	CLARKSON, M. SHEEHAN D. MARTIN, McPARTLAND	H	4:14.6
2.		C-C	4:17.3
3.		CL	4:21.2
4.		IR	4:27.3
5.		F	4:38.7
6.		SH	4:48.3

GIRLS PROGRESSIVE RELAY

1.	MEYERS, HACKETT HUNT, FRASER	CL	6:10.0
2.		H	6:21.7
3.		WSE	6:26.1
4.		C-C	6:35.8
5.		WN	6:40.9
6.		WS	6:50.0

BOYS DISTANCE MEDLEY RELAY

4.	F	11:35.7
5.	KW	11:44.9
6.	IR	11:50.6

BOYS SPRINT MEDLEY RELAY

1.	WYMAN, DELECKI HERMAN, C. CRAIG	F	2:38.9
2.		NT	2:39.2
3.		WS	2:42.0
4.		MQ	2:42.3
5.		SH	2:45.1
6.		H	2:48.1

BOYS FR PROGRESSIVE RELAY

1.	ROSS, PENCEK BRINDISI, LONGE	WSE	5:43.8
2.		CL	5:49.4
3.		WE	5:55.9
4.		KW	5:58.1
5.		WSW	6:08.8
6.		IR	6:12.7

BOYS DOUBLE 4 LAP RELAY

1.	TUBBINS, VOLIOUS JONES, SMITH	WN	3:36.5
2.		MQ	3:40.4
3.		C-C	3:41.1
4.		H	3:42.5
5.		WSE	3:44.3
6.		F	3:58.6

BOYS PROGRESSIVE RELAY

1.	NICKODEM, KELLEY SPANDOLA, FAHEY	MQ	5:03.0
2.		KW	5:16.7
3.		CL	5:17.5
4.		F	5:21.9
5.		WN	5:33.0
6.		SH	5:33.5

GIRLS 4X400M RELAY

1. CLARKSON, DOLAN	H	4:36.6
LALEY, McPARTLAND		
2.	F	4:38.3
3.	L	4:39.8
4.	C-C	4:42.1
5.	CL	4:53.2
6.	SH	5:08.2

GIRLS 1500M RACEWALK

1. MYNDE CANNAMELA	SH	8:54.0
2. JUDY EDWARDS	WE	9:10.9
3. JANET KOWLES	KE	9:11.0
4. RACHEL RATAJCZAK	H	9:27.4
5. CHRISTY MARTIN	H	9:46.8
6. KRYSIA OLSHANSKI	L	9:54.5

GIRLS HIGH JUMP RELAY

1. TARKIN, BARAN	WE	9'4"
2.	WSW	9'3"
3.	L	9'0"
4.	CL	8'10"
5.	C-C	8'8"
6.	H	8'6"

GIRLS SHOTPUT RELAY

1. McGOUGH, GARNHAM	SH	60'3"
2.	CL	59'8 1/2"
3.	H	51'8 1/2"
4.	C-C	45'10"
5.	KE	41'8 1/2"
6.	NT	19'8 1/2"

GIRLS LONG JUMP RELAY

1. SKIVER, SKORUPSKI	CL	28' 1/4"
2.	NT	26' 9 1/2"
3.	WSE	14' 3 1/2"
4.	F	12' 6 1/2"
5.	WS	11' 10 1/2"
6.		

BOYS 4X400M RELAY

1. RIVERA, YORK	NT	3:39.4
BURNS, ALSTROM		
2.	F	3:39.9
3.	WS	3:42.5
4.	C-C	3:44.6
5.	MQ	3:50.2
6.	WSE	3:53.1

BOYS POLEVAULT RELAY

1. NICADEM, KOSIERACKI	MQ	18'0"
2.	F	18'0"
3.	C-C	13'0"
4.	NT	10'0"
5.	M	8'6"
6.	WSN	7'6"

BOYS HIGH JUMP RELAY

1. VALVO, GARNHAM	SH	11'4"
2.	WSE	11'0"
3.	WN	10'8"
4.	IR	10'6"
5.	F	10'4"
6.	C-C	10'2"

BOYS SHOTPUT RELAY

1. Bullock, STRELEER	SH	91'1 1/2"
2.	F	82'7 1/2"
3.	WS	81'1"
4.	L	80'3 1/2"
5.	H	73' 1/2"
6.	KE	70'2"

BOYS LONG JUMP RELAY

1. WAMPLER, LAWRENCE	MQ	37'5 1/2"
2.	WN	37'3"
3.	M	36'8 1/2"
4.	H	35'7 1/2"
5.	NT	34'9 1/2"
6.	C-C	34' 1/2"

BOYS TRIPLE JUMP RELAY

1. HEIL, WIJEK	IR	59' 1/2"
2.	WE	57' 10"
3.	WN	55' 8"
4.	H	55' 4"
5.	C-C	49' 10"
6.	L	29' 5 1/2"

BOYS TRIPLE JUMP RELAY

1. JONES, TUBRINS	WN	82' 1"
2.	MQ	78' 11"
3.	C-C	71' 9 1/2"
4.	F	71' 1"
5.	NT	67' 1 1/2"
6.	IR	63' 3 1/2"

FINAL TEAM SCORE/STANDINGS

<u>GIRLS</u>	<u>POINTS</u>
1. CLARENCE	77
2. HAMBURG	62
3. LANCASTER	39
4. WILLIAMSVILLE EAST	38
5. FRONTIER	35
6. CHURCHVILLE-CHILI	32
7. SWEET HOME	28
8. IROQUOIS	22
9. WEST SENECA EAST	16
10. WILLIAMSVILLE SOUTH	14
11. WILLIAMSVILLE NORTH	10
12. NORTH TONAWANDA	9
13. WEST SENECA WEST	8
14. KENMORE EAST	8
15. MARYVALE	4
16. KENMORE WEST	0

<u>BOYS</u>	<u>POINTS</u>
1. McQUAID	68
2. FRONTIER	62 1/2
3. WILLIAMSVILLE NORTH	46
4. CHURCHVILLE-CHILI	40 1/2
5. SWEET HOME	35
6. CLARENCE	26
7. NORTH TONAWANDA	26
8. WEST SENECA EAST	25
9. WILLIAMSVILLE SOUTH	19
10. MARYVALE	18
11. HAMBURG	15
12. KENMORE WEST	10
13. IROQUOIS	5
14. LANCASTER	4
15. WEST SENECA WEST	1
16. KENMORE EAST	1
17. WILLIAMSVILLE EAST	0

OVERALL COMBINED CHAMPIONSHIP - CLARENCE 103 PTS

Indoor Meet #11

*Penfield
HS*

RWTL Development Meet
~~University of Rochester~~ 1/27/90

Pole Vault

40 Meters

Chris Nikodem 9' 6"

Kevin Kosieracki 5.9

300 Meters

40 Meter HH

BRENDAN FARMER 43.5
Chris Nikodem 41.8

Steve Foley 6.8

600 Meters

Chris Nikodem 1:39.6
(32-33-34)

Brendan Farmer 1:38.2
(31-32-35)

Greater Rochester Track Club Open Meet - 1/28/90

1600 Meters

Rob Bradley 5:35.6
(81.8-85.1-85.9-82.8)
David Corsall 5:37.2
(73.3-83.9-90.3-89.7)

Long Jump

Donald Pecor 14'
Joseph Tiffany 15' 11 1/4"
Peter Michel 16' 3 1/2"

400 Meters

High Jump

Jason Fahy 26.1-28.3 54.4
Kris Weldon 27.1-30.1 57.2
Mike Keogh 27.5-30.3 57.8
Jason Racey 29.3-28.9 57.9
Mark Spagnola 28.7-30.1 58.8
Tim Kelley 28.6-29.4 58.0
Jim Murphy 59.7
Chris Nikodem 29.2-30.9 60.1
Chris Eberle 29.1-30.8 59.9
Joe Tiffany 31.4-31.2 62.6
Peter Michel 31.1-33.0 64.1
Rob Bradley 34.4-36.3 70.7
Donald Pecor 33.5-35.4 68.9

Steve Parrish 5' 0"
Joseph Tiffany 4' 9"
Peter Michel 5' 0"

200 Meters

Jason Racey 26.5
Biram Lawrence 25.1
Mike Keogh 26.1

4 x 4 lap 10:08.9
Chris Eberle 2:25.9
(70.4-75.5)
Steve Parrish 2:27.0
(70.8-76.2)
David Corsall 2:44.0
(76.0-88.0)
Biram Lawrence 2:32.0
(70.3-81.7)

4 x 4 lap 9:03.1
Mark Spagnola 2:16.1
(68.1 - 68.0)
Chris Nikodem 2:22.9
(70.8 - 72.1)
Tim Kelley 2:14.7
(66.8 - 67.9)
Jason Fahy 2:09.4
(62.4 - 67.0)

Indoor Meet, #12

Syracuse Open Meet 2/3/90

Long Jump

Steve Wampler 17' 10 1/2"
Joe Tiffany 15' 7"

400 Meters

David Corsall 61.8
(29.9 - 31.9)

600 Meters

Paul Hammond 1:32.6
(28.1-30.5-34.0)
Jim Murphy 1:35.6
(28.8-32.2-35.6)
Chris Nikodem 1:35.9
(29.3-31.8-34.8)

1000 Meters

Tim Kelley 2:44.8
(32.2-33.1-33.0-33.5-33.0)

4x400 Meters 4:00.4

Joe Tiffany 59.4
Rob Bradley 64.7
David Corsall 60.3
Tim Kelley 56.0

4x200 Meters 1:42.4

Paul Hammond 25.5
Steve Wampler 26.2
Chris Nikodem 25.4
Jim Murphy 24.7

* Denotes 1st in entire division (Var., Var. B, Modified)

** Denotes 1st in one of the races within the division

INDOOR MEET #13

RWTL MEET AT MCQUAID
THURSDAY, FEB.8

WEATHER: SUNNY & MILD
TEMP. 56, A BIT BREEZY

50m High Hurdles: 8.2 Steve Foley
8.8 Steve Parrish
9.6 Mike Kalish

50m Dash: 6.3 Kris Weldon
6.5 Biram Lawrence
6.5 Jim Murphy
6.6 Jason Racey
6.6 Mike Keogh
6.8 Kevin Kosieracki
6.8 Steve Wampler
6.9 Joe Tiffany
7.2 Steve Konezny

1000m: Mark Spagnola 2:48.8
32-31.7-32.7-35-37.4
Steve Foley 2:52.2
32.4-32.7-32.9-35.4-38.6
Dave Corsall 3:08.5
32.7-34.2-38.1-41.5-42

300m: Biram Lawrence 37.9
Jason Racey 38.9
Mike Keogh 40.6
Chris Nikodem 40.7
Steve Wampler 41.2
Joe Tiffany 41.8
Kevin Kosieracki 42.2
Mike Kalish 43.7
Donald Pecor 45.7
Steve Konezny 46.7

600m: Jason Fahy 1:24.6
Tim Kelley 1:29.9
Paul Hammond 1:32.9
Brendan Farmer 1:33.2
Chris Eberle 1:33.7
Steve Parrish 1:38.3
Dave Corsall 1:40.1
Joe Tiffany 1:44.1

1600m Relay: 3:45.4
Jason Fahy 54.0 (26.2)
Paul Hammond 57.5 (27.5)
Brendan Farmer 58.4 (27.9)
Tim Kelley 55.5 (26.7)

800m Relay: 1:37.1 Chris Nikodem 25.6
Kris Weldon 23.9
Jim Murphy 24.1
Biram Lawrence 23.5

Meet #14

MEET: Southern Tier Track Classic
DATE: February 10, 1990

McDonald

55 METER DASH

1. Higgs	Rochester East	:06.9
2. Farrell	Hornell	:07.4
3. Ford	Geneva	:07.4
4. Metcalf	Victor	:07.5
5. Berko-Boateng	Penfield	:07.6
6. Geiter	Mt. Morris	:07.7

300 METER DASH

MR 1. Higgs	Rochester East	:41.0
2. Farrell	Hornell	:43.8
3. Marshburn	Elmira F.A.	:44.6
4. Ventura	Geneva	:46.5
5. Berko-Boateng	Penfield	:47.0
6. Bronk	Horseheads	:47.0

1000 METER DASH

MR 1. Finnegan	Sidney	2:54.8
2. Alfieri	Spencerport	3:09.2
3. Elliot	Penfield	3:11.5
4. Belonsoff	Groton	3:16.7
5. Whitney	Fairport	3:24.7
6. Thomas	Penfield	3:27.7

3000 METER RUN

1. Kane	Elmira S.S.	10:50.0
2. Torquist	Webster	10:53.0
3. Wille	Webster	11:03.0
4. McNamara	Williamsville E.	11:33.5
5. Grego	Brockport	11:43.1
6. Larson	Churchville-Chili	11:44.3

55 METER HURDLES

MR 1. Taylor	Rochester East	:08.0
2. Schwartzkopf	Spencerport	:08.8
3. Taylor	Brockport	:08.9
4. Ford	Geneva	:09.2
5. McNaught	Delhi	:09.2
6. Pinkard	Geneva	:09.4

600 METER DASH

1. Borja	Horseheads	1:42.9
2. Alfieri	Spencerport	1:43.3
3. Paquette	Penfield	1:43.8
4. Minniti	Rochester East	1:45.6
5. Stemrich	Fairport	1:46.2
6. Johnson	Sidney	1:48.7

1500 METER RUN

MR 1. Walters	Rochester East	4:42.0
2. Finnegan	Sidney	4:45.8
3. Torquist	Webster	5:05.8
4. Wille	Webster	5:05.8
5. Alfieri	Spencerport	5:09.5
6. Peet	Delhi	5:11.4

1500 METER WALK

1. Mech	Brockport	8:21.8
2. Horton	Brockport	8:25.7
3. O'Connor	Spencerport	8:31.3
4. Vande	Webster	8:42.6
5. Thomas	Spencerport	8:42.6
6. Whitaker	Sidney	8:42.6

SHOT

1.	Jennifer Gall	Fairport	38' 3"
2.	Megan McInerney	Horseheads	37' 1½"
3.	Cindy Bradley	Horseheads	31' 10½"
4.	Tina Archir	Spencerport	31' 6½"
5.	Chauna Evangelist	Newark	31' 6"
6.	Christ Bennett	Geneva	30' 10½"

LONG JUMP

1.	Lisa Taylor	Rochester East	17' 11"
2.	Tasha Stevenson	Roch East	16' 11"
3.	Rosa Barr	Newark	16' 5"
4.	Becky Ventura	Geneva	15' 2"
5.	Kara Shea Davis	Horseheads	15' 0"
6.	Deanna Metcalf	Victor	14' 10"

POLE VAULT

1.	Not contested for ladies	*MR*
2.		
3.		
4.		
5.		
6.		

4 X 400 METER RELAY

1.	Horseheads	4:19.3
2.	Fairport	4:22.3
3.	Penfield	4:24.7
4.	Brockport	4:30.6
5.	Delhi	4:31.5
6.	Rochester East	4:31.6

HIGH JUMP

1.	Jennifer Sheets	Horseheads	5' 3"
2.	Nichole Geitner	Mt. Morris	5' 3"
3.	Diana Schwartzkopf	Spencerport	5' 2"
4.	Jill Baran	Williamsville East	5' 2"
5.	Gretchen Paranya	Sidney	5' 1"
6.	Jen McNaught	Delhi	5'

TRIPLE JUMP

1.	Tasha Stevenson	Rochester East	36' 2"
2.	Becky Randall	Alexander-Attica	34' 8"
3.	Rosa Barr	Newark	33' 6"
4.	Kim Albright	Penfield	32' 6"
5.	Brenda McHenry	Elmira S.S.	32' 5"
6.	Tishka Harlow	Fairport	32' 4"

4 X 200 METER RELAY

1.	Rochester East	1:49.3
2.	Horseheads	1:53.9
3.	Geneva	1:54.2
4.	Elmira Free Academy	1:56.1
5.	Spencerport	1:56.7
6.	Fairport	1:59.4

4 X 800 METER RELAY

1.	Sidney	10:07.0
2.	Penfield	10:09.9
3.	Webster	10:26.1
4.	Groton	10:46.6
5.	Fairport	10:48.0
6.	Horseheads	11:00.7

RECORD THE NAMES OF THE INDIVIDUALS OF THE WINNING RELAYS ON THE BACK OF THIS SHEET.

MEET: Southern Tier Track ClassicDATE: February 10, 1990

SHORT

55 METER DASH

1.	Brooks	Rochester East	:06.4
2.	McClary	Wilson	:06.6
3.	Ellenwood	Franklin	:06.6
4.	Redmond	Wilson	:06.7
5.	Klehr	Webster	:06.7
6.	Keenan	Aquinas	:06.7

300 METER DASH

1.	Hill	Franklin	:35.8
2.	Elliott	Penfield	:36.3
3.	Ford	Rochester East	:36.3
4.	Wisniewski	Notre Dame	:37.0
5.	N. Waye	Geneva	:38.0
6.	Klehr	Webster	:38.0

1000 METER DASH

1.	Granger	Elmira Southside	2:34.8
2.	Fahy	McQuaid Jesuit	2:39.0
3.	Elliott	Penfield	2:39.8
4.	Sutton	Honeoye Falls	2:45.2
5.	Spagnola	McQuaid Jesuit	2:45.2
6.	Trickey	Newark	2:45.7

3200 METER RUN

1.	Ashfield	Pittsford	9:51.7
2.	Winden	Churchville	9:57.1
3.	Anstrom	Maine Endwell	10:01.6
4.	Hicks	Newark	10:18.7
5.	Mayer	Penfield	10:22.1
6.	Sikorski	Webster	10:25.0

55 METER HURDLES

1.	Cicotta	Fairport	:07.7
2.	N. Waye	Geneva	:07.8
3.	Buffum	Webster	:08.1
4.	Palmer	Horseheads	:08.1
5.	Rahsaan	Fairport	:08.1
6.	Akulis	Windsor	:08.7

600 METER DASH

1.	McKee	Horseheads	1:27.0
2.	Sutton	Honeoye Falls	1:27.8
3.	Pifer	Penfield	1:29.6
4.	Elliott	Penfield	1:29.8
5.	Myles	Rochester East	1:30.2
6.	Stiles	Notre Dame	1:30.3

1600 METER RUN

1.	Winden	Churchville	4:40.0
2.	Werth	Fairport	4:40.3
3.	Anstrom	Maine Endwell	4:41.3
4.	Fahy	McQuaid Jesuit	4:43.7
5.	Granger	Elmira Southside	4:47.3
6.	Mayer	Penfield	4:48.7

1500 METER WALK

1.	Not Contested for Men		
2.			
3.			
4.			
5.			
6.			

RECORD THE NAMES OF THE INDIVIDUALS OF THE WINNING RELAYS ON THE BACK OF THIS SHEET.

SHOT

1.	Covey	York	52' 9"
2.	Coombs	Brockport	52' 1"
3.	Dapp	Elmira Southside	46' 11"
4.	Marshall	Haverling	45' 5½"
5.	Edwards	Elmira F.A.	42' 1½"
6.	Smart	Penfield	40' 4½"

LONG JUMP

1.	Bernard	Fairport	21' 1"
2.	Getola	Elmira Southside	20' 5"
3.	Tedesco	Maine Endwell	20' 1½"
4.	McBride	Penfield	20'
5.	Erickson	Pittsford	19' 9"
6.	Noxon	Spencerport	19' 7"

POLE VAULT

1.	Vinal	Windsor	13' 6"
2.	Rixner	Fairport	12'
3.	Flanagan	Aquinas	11' 6"
4.	Smith	Brockport	11'
5.	McMann	York	10'
6.	Carpenter	Horseheads	9' 6"

4 X 400 METER RELAY

1.	Penfield	3:37.2
2.	Franklin	3:40.7
3.	Elmira Southside	3:41.4
4.	Horseheads	3:42.0
5.	McQuaid Jesuit	3:45.0
6.	Rochester East	3:46.2

HIGH JUMP

1.	A. Waye	Geneva	6' 1"
2.	Safford	Hilton	6' 1"
3.	Akulis	Windsor	6' 1"
4.	Cusker	Aquinas	5' 10"
5.	Herbst	Webster	5' 10"
6.	Thielman	Webster	5' 10"

TRIPLE JUMP

1.	Ford	Rochester East	44' 6"
2.	Noxon	Spencerport	43' 9"
3.	Erickson	Pittsford	43' 6"
4.	N. Waye	Geneva	42' 8"
5.	Bernard	Fairport	42' 6"
6.	Kelly	Aquinas	41' 9"

4 X 200 METER RELAY

*MR*1.	Rochester East	1:34.4
2.	Rochester Franklin	1:34.4
3.	Fairport	1:36.9
4.	Horseheads	1:38.2
5.	McQuaid Jesuit	1:40.1
6.	Maine Endwell	1:40.5

4 X 800 METER RELAY

1.	Pittsford	8:33.4
2.	Penfield	8:40.0
3.	McQuaid Jesuit	8:44.3
4.	Maine Endwell	8:50.1
5.	Webster	8:54.5
6.	Fairport	9:01.8

RECORD THE NAMES OF THE INDIVIDUALS OF THE WINNING RELAYS ON THE BACK OF THIS SHEET.

Team Scores - 1990 Southern Tier Track Classic - SUNY Cortland

Ladies:

Large Schools Division

1.	Rochester East High	84
2.	Horseheads High	56
3.	Spencerport Central	46
4.	Penfield High	35
5.	Brockport High	30
6.	Fairport High	25
7.	Webster High	20
8.	Elmira Southside	12
9.	Elmira Free Academy	10
10.	Williamsville East	4
11.	Churchville-Chili	1
12.	Rochester Franklin	0
13.	Hilton	0
14.	Rochester Marshall	0
15.	Pittsford	0

Small Schools Division

1.	Sidney Central	32
2.	Geneva High	25
3.	Mt. Morris	17
4.	Hornell High	16
5.	Groton Central	8
	Alexander-Attica	8
	Newark Central	8
8.	Delaware Academy	6
9.	Victor High	5
10.	Aquinas Institute	0
11.	Cortland High	0
12.	Haverling	0
13.	Honeoye Falls-Lima	0
14.	Livonia	0
15.	Maine Endwell	0
16.	Elmira Notre Dame	0
17.	Rochester Wilson	0
18.	Windsor	0
19.	Whitney Point	0
20.	York Central	0

Mens:

Large Schools Division

1.	Penfield	49
2.	Fairport	47
3.	Rochester East High	39
4.	Rochester Franklin	32
5.	McQuaid Jesuit	25
6.	Horseheads	24
7.	Elmira Southside	22
8.	Churchville-Chili	18
	Pittsford	18
10.	Webster	15
11.	Brockport	12
12.	Spencerport	9
13.	Hilton	8
14.	Elmira Free Academy	2
15.	Rochester Marshall	0
	Williamsville East	0

Small Schools Division

1.	Geneva High	24
2.	Maine Endwell	23
3.	Windsor	17
4.	Rochester Wilson	12
	York Central	12
	Aquinas Institute	12
7.	Honeoye Falls-Lima	11
8.	Newark Central	5
	Elmira Notre Dame	5
10.	Haverling	4
11.	Alexander-Attica	0
12.	Cortland	0
13.	Delaware Academy	0
14.	Groton Central	0
15.	Hornell High	0
16.	Livonia	0
17.	Mt. Morris	0
18.	Sidney Central	0
19.	Victor High	0
20.	Whitney Point	0

Indoor Meet #15

Sectionals
Roberts Wesleyan - 2/16/90

Pole Vault

- ③ Kevin Kosieracki 10'
Chris Nikodem 9' 6"

50 Meter Dash

Mike Keogh	Trials	6.8
Kris Weldon	Trials	6.5
	Semis	6.3

1000 Meters

- ② Jason Fahy 2:41.3
29.8-29.7-31.9-33.4-36.5
③ Mark Spagnola 2:43.4
30.5-30.3-33.3-34.7-34.1

300 Meters

Kris Weldon	39.3
19.3 - 20.0	
Jason Racey	39.6
18.7 - 20.9	
Jim Murphy	40.8
20.3 - 20.5	
Mike Keogh	41.1
20.3 - 20.8	
Chris Nikodem	41.2
19.2 - 22.0	

- ③ 4 x 800 Meters 8:42.2

Steve Foley	2:10.6
65.4 - 65.2	
Paul Hammond	2:10.0
64.0 - 66.0	
Mark Spagnola	2:10.1
60.7 - 69.4	
Tim Kelley	2:11.5
64.4 - 67.1	

Triple Jump

Biram Lawrence 40' 1"

50 Meter HH

Steve Foley 8.2

600 Meters

- ① Jason Fahy 1:27.6
21.9-21.8-21.9-22.0
Brendan Farmer 1:35.8
22.5-23.6-24.5-25.2
Chris Eberle 1:36.6
22.7-23.8-24.6-25.5
Howie Lewczyk 1:38.6
23.3-23.7-25.7-25.9

1600 Meters

- ⑥ Tim Kelley 4:47.9
72.3-71.6-72.5-71.5
Mark Spagnola 4:49.5
71.6-72.7-72.8-72.4

- ④ 4 x 200 Meters 1:41.6

Jim Murphy	25.6
Jason Racey	26.6
Kris Weldon	24.6
Biram Lawrence	23.8

- ② 4 x 400 Meters 3:45.4

Chris Nikodem	58.1
Jason Fahy	53.7
Paul Hammond	56.1
Jason Racey	57.5

M-Q 6TH OF 16 SCHOOLS - 49 PTS.

A HOLIDAY SACK OF
PERSONAL BESTS FOR
MCQUAID TRACKSTERS

McQuaid Jesuit's indoor track and field men finished off 1989 with a host of personal bests last Friday in the weekly RWTL meet at Roberts Wesleyan.

Senior Jason Racey had the honor of closing out the year in winning style in the meet's final event. He held off Fairport's anchor man by a chest to bring the Knights home first in the 1600-meter relay. Racey and his teammates -- juniors Mark Spagnola and Paul Hammond and freshman Tim Kelley -- all needed their fastest indoor 400 legs to earn the victory.

Spagnola earlier had run his best indoor 1600, a second-place 4:53, and Kelley his best 600, a race-winning 1:33.4, over 4 seconds better than his previous outing.

Improved performances were the order of the day for most of the Knights. Junior Biram Lawrence posted his best long jump at 20-6 and 300 at 40.1 while classmate Brendan Farmer had a best of 1:39 in the 600.

McQuaid's jumpers all had good days, with bests of 17-8 from soph Steve Wampler, 16-1 and 33-7 from freshman Steve Konezny, 35-4 from freshman Joe Tiffany, and 34-11 from freshman Peter Michel. Michel also had a fast 43.5 to win the modified 300. Another freshman posting a strong double was David Corsall with a best of 3:12 in the 1000 and a race-winning 1:45 600 ahead of Tiffany's best of 1:46.

Senior Jason Fahy, though not hitting a best time, ran in front all the way to win the varsity 1000 in 2:43.1, ahead of Brockport's Tim Thurber and Fairport's Jeff Werth.

Fahy was the top McQuaid performer two days earlier as the Knights paid their first visit since 1983 to Lehigh U.'s Christmas City Relays at Bethlehem, Pa. Seeded next to last in the 1000-yd run, he moved well through the 11-man field and wound up in a 3-way sprint for second-place. Despite being nipped at the line and finishing fourth, Fahy clocked a 2:24.9, a fast early-season effort. "Jason ran a strong race in a good field," said coach Bob Bradley. "That's going to help his confidence for later in the season."

The 1000 was the middle of a tough triple for Fahy. He began his stint with a lead-off 3:24 three-quarters leg on the distance medley team that finished sixth in a crowded field. After the 1000 he came back with a 2:07.4 leg on the Knights 2-mile relay team that finished second in its section and sixth overall.

Lawrence, making his first venture at an invitational long jump, finished 7th in a field of 12 with a leap of 20-1 and also had strong lead-off legs on McQuaid's 880 and sprint medley relays. The 880 team of Lawrence, Kris Weldon, Chris Nikodem, and Racey placed 2nd in its race with a 1:42.3 but went unplaced overall.

This Saturday McQuaid will be the two-time defending champion at the annual Rochester Relays, scheduled for a 10 o'clock start at the U of R.

SEASON'S BEST PERFORMANCES - 1989-90

Performances preceded by a + were done in an outdoor meet at McQuaid.

45m - 5.88 Biram Lawrence
5.93 Kris Weldon

50m - 6.3 Kris Weldon
+6.5 Jim Murphy
+6.5 Biram Lawrence
+6.6 Jason Racey
+6.6 Mike Keogh

300m +37.9 Biram Lawrence
+38.9 Jason Racey
39.0 Jason Fahy
39.3 Kris Weldon
39.6 Jason Racey
40.0 Jim Murphy
40.1 Biram Lawrence
40.3 Chris Nikodem
+40.6 Mike Keogh
41.1 Mike Keogh
41.7 Paul Hammond
+41.8 Joe Tiffany
+42.2 Kevin Kosieracki
43.5 Brendan Farmer
43.5 Peter Michel
43.7 Mike Kalish

3200m - 10:40.1* Tim Kelley
10:44.6 Steve Foley
10:55.2 Mark Spagnola
11:58.5 Rob Bradley

1000m - 2:36.4 Jason Fahy
*2:44.8 Tim Kelley
2:44.0 Mark Spagnola
+2:52.2 Steve Foley
2:55.0 Paul Hammond
3:04.6 Chris Eberle
3:05.9 Kellett McConville
3:06.3 Howie Lewczyk
3:06.4 Chris Nikodem
3:06.5 Steve Parrish
+3:08.5 Dave Corsall
3:09.1 Brendan Farmer

LJ - 20-6 Biram Lawrence
18-2 Steve Wampler
16-9 1/2 Joe Tiffany
16-8 1/2 Mike Keogh
16-3 1/2 Peter Michel
16-1 1/4 Steve Konezny

40mHH - 6.8 Steve Foley
7.4 Mike Kalish

55mHH - 8.8 Steve Foley

55m - 6.8 Jim Murphy
6.9 Kris Weldon

50mHH - 8.2 Steve Foley
8.8 Steve Parrish

600m +1:24.6 Jason Fahy
1:27.3 Jason Fahy
+1:29.9 Tim Kelley
1:30.6 Mark Spagnola
1:31.9 Paul Hammond
+1:33.2 Brendan Farmer
*1:33.4 Tim Kelley
1:33.6 Jason Racey
+1:33.7 Chris Eberle
1:35.1 Jim Murphy
1:35.8 Brendan Farmer
1:35.9 Chris Nikodem
1:36.6 Chris Eberle
+1:38.3 Steve Parrish
1:38.6 Howie Lewczyk
+1:40.1 David Corsall
1:43.2 Kellett McConville
+1:44.1 Joe Tiffany

1600 - 4:37.7 Jason Fahy
*4:46.9 Tim Kelley
4:49.5 Mark Spagnola
5:35.6 Rob Bradley
5:37.2 Dave Corsall
5:43.3 Chris Eberle

TJ - 40-1 Biram Lawrence
37-2 1/2 Steve Wampler
*35-4 1/4 Joe Tiffany
34-11 Peter Michel
33-7 Steve Konezny

PV - 10-0 Kevin Kosieracki
9-6 Chris Nikodem

HJ - 5-6 Steve Parrish
*5-0 Peter Michel

200m - 25.1 Biram Lawrence
26.1 Mike Keogh
26.5 Jason Racey

400m - 54.4 Jason Fahy
57.2 Kris Weldon
57.8 Mike Keogh
57.9 Jason Racey
*58.0 Tim Kelley
58.8 Mark Spagnola
59.7 Jim Murphy
59.9 Chris Eberle
60.1 Chris Nikodem
61.8 Dave Corsall
62.6 Joe Tiffany
64.1 Peter Michel

800m Relay

RWTL at McQ 1:37.1
Hamilton 1:39.8
WNY Relays 1:39.8
Cortland 1:40.1
Sectionals 1:41.6
Lehigh 1:41.7

1600m Relay

Meet of Champs 3:42.8
Cortland 3:45.0
Sectionals 3:45.4
RWTL at McQ 3:45.4
Hamilton 3:45.8
RWTL #1 (RW) 3:47.9

3200m Relay

Hamilton 8:33.2
RWTL #5 (UR) 8:33.8
Lehigh 8:39.2
Sectionals 8:42.2
Cortland 8:44.3

(OVER END RELAY LEGS)

Best Relay Legs: 200m +23.5 Biram Lawrence
 +23.9 Kris Weldon
 23.9 Biram Lawrence
 +24.1 Jim Murphy
 24.3 Kris Weldon
 24.7 Jim Murphy
 24.7 Jason Fahy
 25.3 Chris Nikodem
 25.4 Jason Racey
 25.5 Mike Keogh
 25.6 Paul Hammond
 26.3 Steve Wampler

400m - 52.6 Jason Fahy
 55.2 Kris Weldon
 +55.5 Tim Kelley
 55.6 Paul Hammond
 55.9 Chris Nikodem
 56.0 Mike Keogh
 56.0 Tim Kelley
 56.5 Biram Lawrence
 56.7 Jason Racey
 57.0 Mark Spagnola
 59.4 Joe Tiffany
 60.3 Dave Corsall
 64.6 Rob Bradley

800m - 2:04.7 Jason Fahy
 *2:07.6 Tim Kelley
 2:08.1 Mark Spagnola
 2:10.0 Paul Hammond
 2:10.6 Steve Foley
 2:17.8 Brendan Farmer
 2:18.7 Chris Nikodem
 2:19.1 Howie Lewczyk
 2:19.2 Kellett McConville

Also noteworthy: 2:01.9 800m by Fahy at Nationals in Syracuse
 3:21.2 1200m leg by Fahy at Roch. Relays
 3:26.1* 1200m leg by Kelley at WNY Relays
 2:25.10 1000yds by Fahy at Lehigh U.
 4:00.4 1600 Relay Freshman record by
 Tiffany, Bradley, Corsall, and Kelley
 at Manley Field House, Syracuse

* Denotes Freshman record

RESULTS

1989-90

WINTER

TRACK

SEASON

ROCHESTER WINTER TRACK LEAGUE RESULTS
DECEMBER 9, 1989
ROBERTS WESLEYAN COLLEGE

BOYS			
POLE VAULT	KEVIN FLANAGAN	AQUINAS	11'6"
LONG JUMP	RAY BERNARD	FAIRPORT	20'51/4"
SHOT PUT	RON COOMBS	BROCKPORT	44'61/2"
TRIPLE JUMP	MICHAEL FORD	EAST HIGH	43'41/4"
HIGH JUMP	TODD SAFFORD	HILTON	6'2"
50m HURDLES	TOM CICOTTA	FAIRPORT	7.3
50 m DASH	MIKE SCOTT	MARSHALL	6.1
	DENNIS BROOKS	EAST HIGH	
300m DASH	CRAIG JONES	HILTON	38.4
600m RUN	JACK ELLIOT	PENFIELD	1:26.5
1000m RUN	JASON FAHY	MCQUAID	2:45.0
1600 m RUN	JEFF WERTH	FAIRPORT	4:46.0
3200m RUN	DAN COOK	GREECE	10:12.3
800m RELAY	ED PRESLEY, COREY FLEMING	FRANKLIN	1:43.8
	JAMES NIXON, FENTON WRIGHT		
1600m RELAY	JAMES KINDER, PERCY MYLES	EAST	3:46.2
	MICHAEL FORD, DAVID ROGERS		
3200m RELAY	IVAN LOWE, GREG SHUSTER	GREECE	8:55.7
	DAN COOK, MARK TOTH		
GIRLS			
LONG JUMP	VICKEY BOLEY	BROCKPORT	14'11"
HIGH JUMP	NICOLE GEITNER	MT. MORRIS	5'0"
SHOT PUT	JENNIFER GALL	FAIRPORT	36'41/4"
TRIPLE JUMP	TASHA STEVENSON	EAST	35'13/4"
50m HURDLES	LISA TAYLOR	EAST	7.5(REC)
50m DASH	KELLY RICHARDS	SPENCERPORT	7.4
300m DASH	TASHA STEVENSON	EAST	44.9
600m RUN	LISA SANTELLI	GREECE	1:53.3
1000m RUN	ANTOINETTE MINNITI	EAST	3:22.0
1500m RUN	STACI DONALD	GREECE	5:25.4
3000m RUN	JENNIFER SMITH	PENFIELD	12:16.1
1500m RACEWALK	CHRIS MECH	BROCKPORT	8:14.2
800m RELAY	ANDIE HINK, YVETTE MARIBEL	SPENCERPORT	
	DIANA SCHWARTZKOPFF, ANN TOMISINO		2:02.8
1600m RELAY	JENNIFER SMITH, KAREN ELLIOT	PENFIELD	
	ERIN HEISE, LIZ LINDEMAN		4:48.0
3200m RELAY	STACI DONALD, OZDEN SEZREK	GREECE	11:43
	TEAL MOWERY, LISA SANTELLI		

ROCHESTER WINTER TRACK LEAGUE
DECEMBER 16, 1989
ROBERTS WESLEYAN COLLEGE

BOYS

Shot Put	Ron Coombs	Brockport	49'4"
Pole Vault	Brian Doane	Aquinas	11'6"
	Scott Rixner	Fairport	
Long Jump	Tom McBride	Penfield	20'10 1/2"
Triple Jump	Mike Ford	East	44'7 1/4"
High Jump	Jason Herbst	Webster	6'0"
50m Hurdles	Tom Cicotta	Fairport	7.1
50m Dash	Anthony Smith	East	6.2
300m Dash	Jack Elliot	Penfield	37.5
600m Run	Jack Elliot	Penfield	1:34.0
1000m Run	Jeff Werth	Fairport	2:44.9
1600m Run	Tim Thurber	Brockport	4:45.7
3200m Run	Dan Cook	Greece	10:09.8
800m Relay	Rausaan Hall, Tom Cicotta Fairport 1:40.1		
	Ray Bernard, Kevin Buffenbarger		
1600m Relay	Mark Spagnoca, Tim Kelley	McQuaid	3:49.8
	Paul Hammond, Jason Fahy		
3200m Relay	Dan Cook, Brendan McGrath,	Greece	8:34.5
	Gregg Shuster, Mark Toth		

GIRLS

Shot Put	Jennifer Gall	Fairport	34'8 1/4"
High Jump	Diana Schwartzkopff	Spencerport	5'1"
Long Jump	Lisa Taylor	East	16'2 1/2"
Triple Jump	Tasha Stevenson	East	34'10"
50m Hurdles	Kelsha Taylor	Brockport	8.3
50m Dash	Lisa Taylor	East	6.6
300m Dash	Dania Sloan	Wilson	45.7
600m Run	Gaile Vosyllus	Fairport	1:53.2
1000m Run	Stacy Thomas	Penfield	3:30.5
1500m Run	Staci Donald	Greece	5:22.3
3000m Run	Jennifer Grego	Brockport	11:49.4
1500m Racewalk	Christine Mech	Brockport	7:48.0
800m Relay	Mandy Block, Karen Elliot Penfield 1:58.7		
	Heartwill Berko-Boateng, Lynne Chrzanowski		
1600m Relay	Sue Clurca, Kathy Legg	Penfield	4:54.2
	Alisha Edwards, Stacy Thomas		
3200m Relay	Erin Heise, Liz Lindeman	Penfield	10:57.1
	Kathy Legg, Maureen McCarthy		

Rochester Winter Track League
December 22, 1989
University of Rochester

BOYS

40m Hurdles	Tom Cicotta	Fairport	5.8
45m Dash	Tom Redmond	Wilson	5.6
	Mike Scott	Marshall	
Dennis Brooks	East		
300m Dash	Maurice Hill	Franklin	37.3
600m Run	Jason Fahy	McQuaid	1:27.3
1000m Run	Jack Elliot	Penfield	2:41.0
1600m Run	Todd Kalbfus	Pittsford	4:33.1
3200m Run	Nate Ruder	Fairport	10:00.3
Long Jump	Ray Bernard	Fairport	21'10"
Shot Put	Ron Coombs	Brockport	50'11/2
High Jump	Todd Safford	Hilton	6'4"
Pole Vault	Kevin Flanagan	Aquinas	12'0"
828m Relay	Charles McEwen, Dennis Brooks	East	1:44.1
	Anthony Smith, Michael Ford		
1656m Relay	Mark Spagnola, Tim Kelley	McQuaid	3:58.6
	Paul Hammond, Jason Fahy		
3312m Relay	Ivan Lowe, Dan Cook	Greece	9:00.0
	Brendan McGrath, Mark Toth		

GIRLS

40m Hurdles	Lisa Taylor	East	6.1 (REC)
45m Dash	Jennifer Crane	Webster	6.4
	?	Wilson	
300m Dash	Tasha Stevenson	East	44.2
600m Run	Antoinette Minnitti	East	1:47.7
1000m Run	Becky Alfieri	Spencerport	3:13.6
1500m Run	Staci Donald	Greece	5:14.9
3000m Run	Deresa Walters	East	10:25.3
1500m Racewalk	Christine Mech	Brockport	7:45.2
Shot Put	Jennifer Gall	Fairport	34'41/2"
Long Jump	Becky Randall	Alexander	14'11"
High Jump	Diana Schwartzkopff	Spencerport	4'10"
828m Relay	Aisha Baaith, Tara Shanks	East	1:58.9
	Lisa Taylor, Tasha Stevenson		
1656m Relay	Jenny Tomczak, Becky Randall	Alexander	
	Tracy Wienckowski, Shannon Kendall		4:44.1
3312m Relay	Shannon Dyer, Staci Donald	Greece	11:27.4
	Teal Mowery, Lisa Santelli		

Rochester Winter Track League

December 29, 1989

Roberts Wesleyan College

Boys

Long Jump	Mark Erickson	Pittsford	20'10 1/2"
Triple Jump	Nate Waye	Geneva	42'3/4"
Shot Put	Ron Coombs	Brockport	52'3"
Pole Vault	Kevin Flanagan	Aquinas	11'0"
High Jump	Brian Warboys	Wilson	6'0"
50m Hurdles	Nate Waye	Geneva	7.1
50m Dash	Mike Scott	Marshall	6.0
300m Dash	Fenton Wright	Franklin	38.8
600m Run	Brian McKee	Horseheads	1:31.1
1000m Run	Jason Fahy	McQuaid	2:43.1
1600m Run	Nate Ruder	Fairport	4:45.6
3200m Run	Rick Dieter	Hornell	10:41.7
800m Relay	Kirk Randazzo, Frank Davis	Brockport	
	Scott Schell, John Keenan		1:43.1
1600m Relay	Mark Spagnola, Tim Kelley	McQuaid	
	Paul Hammond, Jason Racey		3:47.9
3200m Relay	Mike Szczepanik, Jesse Pearce	Fairport	
	Teague Ruder, Nate Ruder		9:06.4

Girls

Long Jump	Vickie Boley	Brockport	16'11/4"
Triple Jump	Becky Randall	Alexander	32'8"
Shot Put	Jennifer Gall	Fairport	35'9 1/2"
High Jump	Diana Schwartzkopff	Spencerport	5'1"
50m Hurdles	Kelsha Taylor	Brockport	8.2
50m Dash	Heartwell Berko-Boateng	Penfield	7.1
	Nicole Geltner	Mt. Morris	
	?	Wilson	
300m Dash	Beth Farrell	Hornell	43.3
600m Run	Becky Alfieri	Spencerport	1:46.0
1000m Run	Gaile Vosylius	Fairport	3:21.6
1500m Run	Jennifer Grego	Brockport	5:30.4
3000m Run	Theresa Burns	Newark	11:30.3
1500m Racewalk	Chris Mech	Brockport	7:55.2
800m Relay	Tishka Harlow, Elissa Andres	Fairport	
	Ginger King, Meg McDonald		1:59.4
1600m Relay	Tishka Harlow, Tina Drury	Fairport	
	Crystal Stemrich, Meg McDonald		4:33.3
3200m Relay	Ann Whitney, Jennifer Schell	Fairport	
	Gaile Vosylius, Cindy Cocca		11:01.9

RESULTS OF THE MEET OF JANUARY 12, 1990
UNIVERSITY OF ROCHESTER

BOYS

45m Dash	Raphael Redman	Wilson	5.6
40m Hurdles	Steve Wolfe	Greece	6.1
300m Dash	John Keenan	Brockport	38.6
600m Run	Mark Toth	Greece	1:29.2
1000m Run	Jamie Sutton	H.F.L.	2:44.3
1600m Run	Jeff Windon	Churchville	4:41.3
3200m Run	Todd Kalbfus	Pittsford	10:02.0
Shot Put	Glen Covey	York	50'103/4"
Triple Jump	Michael Ford	East	45'1 3/4"
Pole Vault	Kevin Flanagan	Aquinas	11'6"
High Jump	Matt Theilman	Webster	6'0"
828m Relay	Ed Pressley, Fenton Wright	Franklin	
	Garfield Ellenwood, Maurice Hill		1:41.8
1656m Relay	Mike McBride, Dave Steeves	Penfield	
	Tom McBride, Alex Mayer		4:00.8
3312m Relay	Ivan Lowe, Brendan McGrath	Greece	
	Dan Cook, Mark Toth		8:47.0

GIRLS

45m Dash	Tasha Stevenson	East	6.0
40m Hurdles	Ida DioGuardi	Mt. Morris	7.0
300m Dash	Zilla Higgs	East	41.7
600m Run	Erin Duffy	Brockport	1:49.4
1000m Run	Lisa Paquette	Penfield	3:12.0
1500m Run	Becky Alfieri	Spencerport	5:02.1
3000m Run	Ulrika Tornquist	Webster	11:17.0
1500m Racewalk	Christine Mech	Brockport	7:33.7
Triple Jump	Brittanie Schmieder	Alexander	32'0"
Shot Put	Jennifer Gall	Fairport	37'91/4"
High Jump	Colleen McElhearn	Fairport	4'10"
828m Relay	N. Winfield, Rochelle Johnson	Brighton	
	T. Ejaife, Sidney Cooper		2:03.9
1656m Relay	Cindy Byer, Kathy Legg	Penfield	4:39.0
	Heartwill Berko-Boateng, Lisa Paquette		
3312m Relay	Alicia Edwards, Karen Elliot	Penfield	
	Stacy Thomas, Liz Lindeman		11:14.0

ROCHESTER WINTER TRACK LEAGUE RESULTS
JANUARY 20, 1990
UNIVERSITY OF ROCHESTER

GIRLS

45m Dash	Zilla Higgs	East	6.0
40m Hurdles	Kelsha Taylor	Brockport	6.7
300m Dash	Beth Farrell	Hornell	44.2
600m Dash	Becky Alfieri	Spencerport	1:40.1
1000m Run	Becky Alfieri	Spencerport	3:02.8
1500m Run	Ulrika Tornquist	Webster	5:03.7
3000m Run	Staci Donaldson	Greece	11:13.0
1500m Racewalk	Karl O'Conner	Spencerport	8:26.3
Long Jump	Lisa Taylor	East	18'1 1/4"
Triple Jump	Jennifer Barnhart	Penfield	34'4 1/4"
Shot Put	Jennifer Gall	Fairport	38'3 1/2"
High Jump	Colleen McElhearn	Fairport	4'10"
828m Relay	Elissa Andres, Ginger King	Fairport	2:04.3
	Meg McDonald, Tishka Harlow		
1656m Relay	Lisa Taylor, Zilla Higgs	East	4:34.9
	Tasha Stevenson, Deresa Walters		
3312m Relay	Bridget Quinn, Sue Orellan	Spencerport	12:29.5
	Judy Magin, Michelle Walker		

BOYS

45m Dash	Mike Scott	Marshall	5.5
	Raphael Redman	Wilson	
40m Hurdles	Steven Wolfe	Greece	6.1
	Matt Buffan	Webster	
300m Dash	Michael Ford	East	37.2
600m Run	Jack Elliot	Penfield	1:29.1
1000m Run	Nate Ruder	Fairport	2:42.5
1600m Run	Todd Kalbfus	Pittsford	4:33.7
3200m Run	Jeremy Ashfield	Pittsford	10:04.2
Long Jump	Mark Erickson	Pittsford	20'7"
Triple Jump	Steve Noxon	Spencerport	42'10 1/2"
Shot Put	Ron Coombs	Brockport	47'7"
High Jump	Todd Safford	Hilton	6'5"
828m Relay	Norman McCrea, J. Johnson, Franklin		1:44.9
	Garfield Ellenwood, Shawn Howard		
1656m Relay	Jason Pifer, Tom McBride	Penfield	3:47.7
	Mike McBride, Jack Elliot		
3312m Relay	Ivan Lowe, Brendan McGrath	Greece	10:06.6
	Greg Shuster, Mark Toth		

BOYS' CLASS A WINTER TRACK SECTIONAL RESULTS

ROBERTS WESLEYAN COLLEGE

FEBRUARY 17, 1990

3200m Run

1. Nate Ruder	Fairport	10:00.3
2. Jeremy Ashfield	Pitt	10:00.1
3. Alex Mayer	Pen	10:08.0
4. Dan Cook	Gr	10:18.0
5. Ivan Lowe	Gr	10:25.2
6. Ben Ashfield	Pitt	10:26.3

1000m Run

Jack Elliot	Penfield	2:37.7
Jason Fahy	McQ	2:42.3
Mark Spagnola	McQ	2:44.0
Jim Thurber	Brock	2:44.5
Brendan McGrath	Gr	2:44.5
Greg Pratt	Bri	2:24.9

High Jump

1. Jason Herbst	Web
2. Todd Safford	Hil
3. Matt Thielman	Web
4. Chuck Howard	Gr
5. Jon Hunter	Hil
6. Craig Jones	Hil

Long Jump

Ray Bernard	Fair	21'11"
Tom McBride	Pen	21'6.75"
Mark Erickson	Pitt	21'2"
Scott Boglione	Gr	19'9.5"
Steve Noxon	Spen	19'8.25"
Demitrius Bennett	Ed	18'11.5"

Pole Vault

1. Scott Rixner	Fair	11'0"
2. Pete Lewis	Hil	10'6"
3. Kevin Kosleacki	McQ	10'6"
4. Bill Wright	Web	10'0"
4. Leon Jung	Gr	
6. Jon Mysliwiec	Hil	10'0"

600m Run

Jason Fahy	McQ	1:27.7
Jason Pifer	Pen	1:29.1
Pat Stromer	Pitts	1:29.7
Tim Carpenter	Hil	1:29.8
5. James Kinder	East	1:30.2
Mark Toth	Gr	1:30.5

50m Dash

1. Dennis Brooks	East	6.2
2. Anthony Smith	East	6.2
3. Mike Scott	Marsh	6.2
4. Chuck Howard	Gr	6.2
5. Mike McBride	Pen	6.3
6. Dave Klehr	Web	6.3

Triple Jump

Michael Ford	East	45'8.25"
Mark Erickson	Pitts	44'7.75"
Ray Bernard	Fair	43'4"
Steve Noxon	Spen	42'9.5"
Mike Reif	Fair	40'7.25"
Todd Safford	Hil	40'4.5"

Shot Put

Ron Coombs	Brock	51'5.25"
2. Pete Tuffo	Gr	46'5.5"
3. Waylon Hill	Spen	40'1"
4. Chris Malta	Web	39'9.5"
5. Evan Heiser	Pitt	38'1.5"
6. Scott Siegal	Bri	37'8"

300m Dash

Michael Ford	East	36.8
Jack Elliot	Pen	37.2
Anthony Smith	East	38.0
Craig Jones	Hil	38.1
Tom McBride	Pen	38.4
Dave Klehr	Web	38.5

1600m Run

1. Todd Kalbfus	Pitts	4:31.9
2. Jeff Werth	Fair	4:33.7
3. Nate Ruder	Fair	4:42.4
4. Dan Cook	Gr	4:43.6
5. Mark Toth	Gr	4:45.7
6. Matt Kramer	Bri	4:46.9
Tim Kelly	McQ	4:46.9

50m Hurdles

Tom Coccotti	Fair	6.9
Matt Buffam	Web	7.2
Rashaan Hall	Fair	7.3
David Rogers	East	7.5
Steve Wolff	Gr	7.5
Mark Elliot	Pen	7.7

3200m Relay

1. Greece (Dan Cook, Mark Toth, Dave Yagielski, Brendan McGrath) 8:30.6
2. Pittsford 8:42.3
3. McQuaid 8:42.4
4. Penfield 8:46.9
5. Spencerport 9:23.2
6. Fairport 9:24.7

1600m Relay

1. East (James Kinder, Percy Myles, Darrell Williams, David Rogers) 3:43.7
2. McQuaid 3:45.4
3. Penfield 3:45.7
4. Brighton 3:48.7
5. Brockport 3:49.1
6. Pittsford 3:49.4

300m Relay

1. East (Anthony Smith, Dennis Brooks, Michael Ford, Charles McGewen) 1:37.6
2. Fairport 1:39.1
3. Greece 1:40.3
4. McQuaid 1:41.7
5. Pittsford 1:42.8
6. Penfield 1:43.3

Team Results: Fairport 77; East 70; Penfield and Greece 56; Pittsford 52;
McQuaid 48.5; Webster 33; Hilton 28; Brockport 18;
Spencerport 14; Brighton 10.5; Marshall 6; Edison 1;
Rush-Henrietta 0.

BOYS' CLASS B WINTER TRACK SECTIONALS

ROBERTS WESLEYAN COLLEGE

FEBRUARY 17, 1990

3200m Run

1. Jeff Windon	CC	10:04.7
2. Brian Hicks	New	10:10.0
3. Rick Dieter	Hor	10:21.0
4. Tom Pahuta	Bri	10:49.5
5. Joe NiMeh	Gen	10:50.9
6. Chris Cody	CC	11:05.0

Long Jump

Alva Royston	Aq	19'5.75"
Russell Kelly	Aq	19'4.75"
Andre Turner	Aq	19'2.25
Kenny McClary	Wil	18'8.5"
Jim Scudder	Alex-Att	18'7.5"
Garfield Ellenwood	Frank	17'7.25"

1000m Run

1. Jamey Sutton	HFL	2:44.5
2. Ken Marenette	Aq	2:48.8
3. Shawn Marshall	CC	2:54.5
4. Norman McCrea	Frank	3:03.5
5. J. Aboumousallen	Aq	3:06.2
6. A. Fleishauser	Aq	3:06.2

High Jump

Allen Waye	Gen	6'0"
Terry Cusker	Aq	5'10"
Kevin Flanagan	Aq	5'6"

500m Run

1. Fenton Wright	Frank	1:29.5
2. Nate Waye	Gen	1:29.8
3. Jamie Sutton	HFL	1:29.8
4. Borgeson	CC	1:30.9
5. Malcolm Lias	Vic	1:31.0
6. Dressley	Frank	1:31.4

Pole Vault

Dave Francis	CC	13'1"
Kevin Flanagan	Aq	11'9"
Mike Spitz	Hav	10'6"

Shot Put

1. Glen Covey	York	48'5.75
2. Lenny Pizzy	Aq	46'7.25"
3. Charles Marshall	Hav	46'6.5"
4. Clarence Jackson	Frank	43'7.5"
5. Daniel Childs	Wil	43'2"
6. Andrew Howard	Frank	42'5.5"

Triple Jump

Russell Kelly	Aq	42'3.25"
Nate Waye	Gen	42'3"
Lloyd Clark	Alex-Att	40'4.75
Jon Johnson	Frank	39'3.25"
Kevin Flanagan	Aq	38'5.25"
Fenton Wright	Frank	37'7.5"

50m Dash

1. Rafael Redmond	Wil	6.0
2. Maurice Hill	Frank	6.1
3. Rodney Lennon	Gen	6.2
4.		
5. Royson	Aq	6.2
6. Steve Yaw	MtMor	6.3

300m Dash

Maurice Hill	Frank	38.2
Brian Keenan	Aq	38.8
Rafael Redmond	Wil	39.3
Steve Yaw	Mt.Mor	39.3
Corey Fleming	Frank	39.9
Rodney Lennon	Gen	39.9

1600m Run

1. Jeff Winden	CC	4:49.8
2. Mike Trickey	New	4:53.5
3. Brian Hicks	New	4:55.0
4. Rick Dieter	Horn	4:55.0
5. Ken Marantette	Aq	4:55.2
6. Morte Gorrs	Hav	4:59.3

50m Hurdles

Nate Waye	Gen	7.3
Allen Waye	Gen	7.4
Garry Lewis	Frank	7.5
Keys	Aq	7.5
Lloyd Clark	Alex-Att	7.6
Pelitere	Aq	7.7

200m Relay

1. Newark (Mike Trickey, Mark DeYoung, Brian Hicks, Tim Burlee) 8:59.8
2. Aquinas 9:05.3
3. Churchville Chili 9:06.9
4. Batavia 9:30.9
5. Franklin 9:34.9
6. Alexander-Attica 9:41.9

400m Relay

1. Franklin (Jon Johnson, Corey Fleming, James Nixon, Maurice Hill) 3:49.0
2. Churchville Chili 3:50.6
3. Geneva 3:58.8
4. Alexander-Attica 3:59.3
5. Aquinas 4:01.4
6. Newark 4:01.9

800m Relay

1. Franklin (Garfield Ellenwood, Shawn Howard, Ed Presley, Fenton Wright) 1:40
2. Victor 1:41.8
3. Aquinas 1:41.9
4. Wilson 1:43.4
5. Geneva 1:46.1
6. Churchville Chili 1:46.8

Team Results:

1. Aquinas 104
2. Franklin 73.5
3. Geneva 65.5
4. Churchville 59
5. Newark 32
6. Wilson 21
7. HFL 16
8. Alexander-Attica 15
9. Haverling 13
10. Hornell 11
11. York 10
12. Victor
13. Mt. Morris 8
14. Batavia
15. Bishop Kearney 0
16. Livonia

GIRLS' CLASS A WINTER TRACK SECTIONALS

ROBERTS WESLEYAN COLLEGE

FEBRUARY 17, 1990

Long Jump

1. Lisa Taylor	East	19'2" *
2. Tasha Stevenson	East	17'2.25"
3. Jennifer Barnhart	Pen	16'5"
4. Vickie Boley	Brock	15'10"
5. Kelly Richard	Spen	14'10.75"
6. Kim Albright	Pen	14'8.75"

3000m Run

Staci Donald	Gr	11:01.7
Keri Willie	Web	11:20.0
Erin Heise	Pen	11:22.6
Jennifer Schell	Fair	
Jennifer Smith	Pen	
Bridget Quinn	Spen	11:59.0

1000m Run

1. Deresa Walters	East	3:01.5
2. Becky Alfieri	Spen	3:06.2
3. Lisa Paquette	Pen	3:07.7
4. Ulrika Tornquist	Web	3:11.2
5. Maureen McCarthy	Pen	3:18.8
6. Ann Whitney	Fair	3:22.5

1500m Racewalk

Christine Mech	Brock	8:05.6
Jennifer Morton	Brock	8:31.3
Katherine Vande	Web	8:31.6
Kerry O'Connor	Spen	8:35.5
Alicia Edwards	Pen	9:49.3
Corey Osterling	Web	10:00.3

High Jump

1. Diana Schwartzkopff	Spen	5'2"
2. Jennifer Barnhart	Pen	5'2"
3. Colleen McElhearn	Fair	4'8"
4. Jennifer Schell	Brock	4'8"
5. Erinne Lynch	Brock	4'6"
6. Yvette Mirabell	Spen	4'6"

Triple Jump

Tasha Stevenson	East	36' 1/2"
Jennifer Barnhart	Pen	34'4.5"
Kim Albright	Pen	33'3.75"
Tishka Harlow	Fair	32'11.75"
Stacy Thomas	Pen	31'11.75"
Traci Stein	Web	29'1.25"

500m Run

1. Becky Alfieri	Spen	1:41.4
2. Karen Elliot	Pen	1:42.3
3. Karen Henricks	Bri	1:46.0
4. Kathy Legg	Pen	1:47.3
5. MacGillray	Spen	1:48.1
6. Lisa Santelli	Gr	1:49.0
Gaile Vosylius	Fair	

50m Dash

Zilla Higgs	East	6.6
Tara Shanks	East	7.0
Heartwill Berko-Boateng	Pen	7.0
Tracy Dixon	Ed	7.0
Carpenter	Hil	7.2
Erika Fishbach	R-H	7.4

1500m Run

1. Becky Alfieri	Spen	5:01.6
2. Ulrika Tornquist	Web	5:02.9
3. Kerry Willie	Web	5:10.6
4. Staci Donald	Gr	5:15.6
5. Cindy Cocca	Fair	5:22.2
6. Maureen McCarthy	Pen	5:25.2

Shot Put

Jennifer Gall	Fair	35'10"
Tracy Dixon	Ed	30'5"
Katina Archie	Spen	28'5"
Rebecca Kemwitz	Web	27'3.5"
Rhonda Doener	Web	26'1.5"
Jody Bannister	Pen	25'1.25"

300m Dash

1. Zilla Higgs	East	42.5
2. Karen Elliot	Pen	43.6
3. Keisha Taylor	Brock	44.3
4. Vickie Boley	Brock	44.9
5. Tishka Harlow	Fair	45.4
6. Heartwill Berko-Boateng	Pen	46.0

50m Hurdles

Lisa Taylor	East	7.4*
Dianna Schwartzkopff	Spen	8.1
Keisha Taylor	Brock	8.1
Gardiner	Fair	8.8
Tina Drury	Spen	8.7
Michele Yang	Pitt	8.8

3200m Relay

1. Penfield (Erin Heise, Kathy Legg, Stacy Thomas, Lisa Paquette) 10:19.8
2. Webster 10:23.8
3. Fairport 11:04.9
4. Brockport 11:08.9
5. Spencerport 11:59.2

1600m Relay

1. Fairport (Meg McDonald, Tishka Harlow, Gaile Vosylius, Crystal Stemrich) 4:21.1
2. Penfield 4:23.8
3. Brighton 4:29.8
4. Brockport 4:30.5
5. East 4:34.5
6. Webster 4:42.0

800m Relay

1. East (Zilla Higgs, Tasha Stevenson, Lisa Taylor, Aisha Baaith) 1:50.2
2. Webster 1:59.2
3. Spencerport 1:59.6
4. Fairport 2:00.3
5. Penfield 2:03.1

Team Results:

- | | |
|--------------------|------|
| 1. Penfield | 98 |
| 2. East | 88 |
| 3. Spencerport | 70 |
| 4. Webster | 57 |
| 5. Fairport | 55.5 |
| 6. Brockport | 52 |
| 7. Greece | 14.5 |
| 8. Edison Tech | 12 |
| 9. Brighton | |
| 10. Hilton | 2 |
| 11. Pittsford | 1 |
| 12. Rush-Henrietta | |

GIRLS' CLASS B WINTER TRACK SECTIONALS

ROBERTS WESLEYAN COLLEGE

FEBRUARY 17, 1990

Long Jump

1. Rosa Barr	New	16'10.75"
2. Beckie Ventura	Gen	16'4.75"
3. Becky Randall	Alex	15'1'
4. Deanna Metcalf	Vic	14'8.25"
5. Melissa Cravatta	CC	14'6.25"
6. Sarah Hicks	New	14'1.75"

3000m Run

Stacy Larson	CC	11:36.0
Theresa Burns	New	12:11.0
Laura Tomczak	Alex	-Att 12:34
Sarah Bicerley	Aq	12:40.0

1000m Run

1. Jenny Tomczak	Alex	3:27.6
2. Jenny Benwood	CC	3:29.0
3. Vicki Rykert	Alex	3:36.5
4. Melody Calabrese	Gen	3:42.0
5. Joan Adamo	BK	3:50.9
6. Deb Andres	New	3:51.0

Triple Jump

Rosa Barr	New	33'10"
Becky Randall	Alex	33'5.5"
Britt Schmieder	Alex	31'11.5"
Edna Bogan	Gen	29'3.75"
Julie Glanville	CC	28'6"

500m Racewalk

1. Kelly Ernst	Gen	8:51.1
2. M. Calabrese	Gen	9:01.6
3. Lisa Krotz	Aq	9:04.0
4. Jessica Boons	CC	9:44.5
5. Mary Taylor	Alex	10:15.7
6. Caryl Sheehe	New	11:08.2

High Jump

Nicole Geitner	MtM	5'3"
Tracy Utter	CC	4'6"
Kelly Ernst	Gen	4'4"
Leslie Brown	CC	4'4"
Anna Lauzon	BK	4'4"
Sara Schwab	New	4'4"

600m Run

1. Melissa Francis	Hav	1:48.4
2. Jill Moscicki	CC	1:51.8
3. Jenny Tomczak	Alex	1:52.0
4. Sarah Allen	Mt.M	1:53.8
5. Yvonne Spellacy	Hor	1:55.5
6. Robin Manning	Frank	1:56.4

50m Dash

Beth Farrell	Hor	6.7
Tencie Ford	Gen	6.9
Tara Bryan	Wil	7.0
Deanna Metcalf	Vic	7.2
Rosa Barr	New	7.1
Prad	CC	7.1

1500m Run

1. Stacey Larson	CC	5:20.9
2. Theresa Burns	New	5:30.1
3. Kim Cobb	Hav	5:40.6
4. Melissa Stringham	Bat	5:43.5
5. Sue Sprong	Vic	5:44.2
6. Laura Tomczak	Alex	5:46.4

Shot Put

Chris Bennett	Gen	31'11.5"
Chauna Evangelist	New	31'5"
Dana Champlin	Gen	28'2"
Jill Hoscicki	CC	27'10"
Andrea Siedel	Gen	26'5"

300m Dash

1. Beth Farrell	Hor	42.9
2. Dana Sloan	Wil	45.4
3. Shannon Kendall	Alex	46.8
4. Tally Martin	Wil	46.9
Sheketa Smith	Frank	
6. Yvonne Graves	Wil	47.3

50m Hurdles

Tencie Ford	Gen	8.0
Trina Pinkard	Gen	8.3
Ida DioGuardi	MtM	8.4
Arrgenci	York	9.0
5. Tracy Utter	CC	8.7
6. Shannon Kendall	Alex	